

Change into a blog

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Journalism, mass media and communication, Essay Topic: Change into a blog.

Researchers throw more light on GERD

The Researchers are at it again and they now attribute some additional negativity to “ heartburn or gastrointestinal reflux disease”. Besides the recurring irritation, it leads to more serious types of illnesses and now the researchers conclude that it impairs the voice. This finding is according to the “ study published in the current issue of the Journal of Clinical Gastroenterology” that highlights the damaging consequences caused to the human system “ by acid and liquids” which is the root cause of coughing, asthma and hoarseness. This leads to voice changes and strain on the vocal chords. The findings are based on the research “ at the USC Keck School of Medicine and University College London.” 55 healthy individuals were compared with 32 GERD patients. The result is GERD patients have more problems in voice frequency and amplitude. Here is the extract from the research report: “ Sixteen of the GERD patients underwent surgery to treat the condition, and those people experienced improvements in voice quality---including those patients who didnt complain of voice problems prior to surgery. Poor voice quality could be among the reasons why people with GERD score lower on quality of life measures.”

But the reader should be aware of one important factor related to any scientific research and its limitations. The present research findings are not the final verdict on the subject of “ heartburn or gastrointestinal reflux disease.” Moreover, the present research is based on the representative sample of 55 healthy individuals and 32 GERD patients. This is just a small

fraction of millions of patients suffering from this disease all over the world. Moreover, no one knows the exact causes for this condition. Some of the causes could be use of alcohol, cigarettes, slouching, medications, diet like eating large meals, eating just before bedtime, diabetes, rapid weight gain and so on.

Works Cited

Roan, Shari. Gastro esophageal reflux can change your voice. Los Angeles Times, February 15, 2012.